

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

Vol. 52 No. 45

December 1, 2006

Aviano Air Base, Italy

Fly Bys

Shoppette hours

As of today, the Shopette in the Flightline will be open 24 hours and the Area One shopette will be open from 8 a.m. to 10 p.m.

Cookie monster

The Aviano Cookie Drive is from 6 a.m. to 4 p.m. Monday through Wednesday at the La Bella Vista Club. Unbaked dough and baked cookies will be accepted Monday and Tuesday, but only baked cookies will be accepted Wednesday. The cookies are for dorm residents. For more information, call Heidi Day at 0434-66-1273.

School board

The next Aviano School Advisory Board open meeting is at 4 p.m. Thursday in the community center. For more information, call Master Sgt. Michael Warren at Ext. 0494 or e-mail michael.warren@aviano.af.mil

A holiday classic

The Aviano Community Theater and high school drama club present "Annie" at 7 p.m. Dec. 8, 9, 15 and 16. There will be matinee showings at 2 p.m. Dec. 10 and 17. Admission is \$5 for students and E-4s and below and \$8 for adults.



Photo by Airman 1st Class Michael S. Dorus

On the lookout

Tech. Sgt. Ricardo Anzoategui, 31st Operations Support Squadron tower watch supervisor, looks out toward incoming aircraft on Aviano's runway Tuesday. Air traffic controllers maintain radar surveillance for aircraft within five miles of Aviano's airspace and process and coordinate aircraft through terminal control. For more photos, see pages 10-11.

AFI update

Aviano creates annual license re-test policy

By Senior Airman
Sarah Gregory
31st Fighter Wing
Public Affairs

Gone are the days of the "test once and you're done for the rest of your tour" Armed Forces Italy driver's license rules. Beginning in October, all active duty members and license-holding dependents at Aviano are now required to complete an annual AFI driver's license test.

"The requirement to have personnel test annually was implemented after an analysis of the wing safety mishap data revealed a trend in motor vehicle accident occurrences," said Master Sgt. Terry Todd, 31st Fighter Wing ground safety manager.

The data suggested there was a higher rate in mishap occurrences to individuals who had been here from 15 to 18 months and who had no knowledge of a road sign or had forgotten what it meant.

"The new regulation came down from wing leadership, who felt we needed to make an annual test to

See AFI, Page 8

Italian holiday: Learn about Italian Christmas customs at the base library from 4 to 5 p.m. Dec. 9. Call Ext. 5382 for details.

*World's Finest
MMVA/DUI counter*

11 Days ...

Since Aviano's last DUI.

28

Major Motor Vehicle Accidents



Cold meds

Learn why certain cold medicines are no longer sold at the base exchange or commissary and what you can do for the sniffles this cold season.

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Hill town

Explore the natural defenses that were used to protect the town of Orvieto, located in heart of the Tuscany, from its enemies.

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Deadline info: The deadline for submitting information is close of business Thursday one week prior to publication. Send all information by e-mail to the Vigileer at vigileer@aviano.af.mil. Faxed articles will not be accepted by the staff. The public affairs office is located in Bldg. 1360, Rm. 19. The Vigileer staff can be reached at Ext. 7344.

Editorials: We want to hear from you. Flex your writing talents and share your thoughts with the community. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public.

World's Finest: Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations.

From the Top: Those Who Lead

U.S. Air Force

Enlisted Perspective: Airmen Pride

Pride in being an Airman in the United States Air Force takes many forms – the way we wear our uniform, the effort we put into our jobs, the attitude we display and the respect we show for our fellow Airmen.

All of us, whether officer or enlisted, came into our Air Force after meeting rigid mental and physical recruiting standards, and being aligned with skills our service needed.

Serving as an Airman is an honor that thousands of young Americans want, but do not attain; they are turned away for various reasons at recruiting offices. Those who make it through that door then train hard to develop skills that earn them the right to be called an "Airman."

Nowhere is this transformation more dramatic than Basic Military Training. Earning the title of "Airman" is commemorated with a coin ceremony and the chance to don the Air Force blue uniform for the first time.

This emotional event gives the trainees an identity within our organization - they are now Airmen in the greatest Air, Space and Cyberspace force in the world.

The sought-after title of Airman is one that each of us has worked hard to earn. Why then do we sometimes refer to our fellow Airmen, both officer and enlisted, as "troops" or "kids?"

Our level of professionalism must equal the immense responsibility each Airman carries as we continue to fight the Global War on Terror. We don't send "kids" into battle; we send highly-trained and

motivated Airmen.

Today, more than 30,000 are deployed worldwide with many more deployed in place, and more than 4,000 Airmen protecting America's skies.

In the Global War on Terror, we fly more than 250 missions a day, 45 of which are strike missions against the enemy.

We conduct vital airlift for equipment and fellow Airmen, Soldiers, Sailors and Marines with one mobility aircraft taking off every 90 seconds. We complete more than 450 satellite supports each day, providing vital data and links for wartime operations.

In addition, we have more than 4,500 Airmen on the ground supporting Army taskings in detainee operations, convoys and as interrogators.

If you couple that with our direct combat positions, search and rescue, medical and other combat support roles, it's clear to see our Airmen are heavily engaged in winning this war. As Airmen, we have much to be proud of.

You represent our nation and service well. I'm incredibly proud of your professionalism and commitment. Let's continue to respect our heritage and our future in this great United States Air Force by proudly calling each other "Airman."


RODNEY J. MCKINLEY
Chief Master Sergeant of the Air Force



Chief Master Sergeant of the Air Force Rodney J. McKinley represents the highest enlisted level of leadership in the U.S. Air Force. He provides direction for the enlisted corps and represents their interests to the American public and those in all levels of government. He serves as the personal adviser to the Chief of Staff and the Secretary of the Air Force on all issues regarding the welfare, readiness, morale, and proper utilization and progress of the enlisted force. The Ohio native's background includes various duties in the medical and aircraft maintenance career fields, and as a first sergeant and command chief master sergeant at wing, numbered air force and major command levels. Chief McKinley became the 15th chief master sergeant appointed to the highest noncommissioned officer position on June 30, 2006.

“ Our level of professionalism must equal the immense responsibility each Airman carries ...
We don't send 'kids' into battle; we send highly-trained and motivated Airmen. ”

Recognizing signs, symptoms of holiday blues

By Senior Airman
Sarah Gregory

31st Fighter Wing Public Affairs

While the thought of Christmas carols, holiday parties and presents under the tree bring excitement and fun to some people, for others it's an excuse to crawl into bed until the holidays are over.

This lack of interest and anticipation of the holiday season, known as the holiday blues, isn't uncommon, especially for military members stationed overseas.

"Circumstances such as being separated from family members due to deployment or an overseas assignment are risk factors [for holiday blues]," said Capt. Clayton Wilson, 31st Medical Operations Squadron family advocacy officer.

Holiday blues is manifested by feelings of sadness, a depressed mood or changes in mood. It can also affect behaviors. People can become withdrawn or isolated, irritable or anxious, or have changes in their normal sleeping pattern. Other symptoms include a diminished ability to think clearly or concentrate and changes in appetite.

Holiday blues should not be confused with another serious condition called Seasonal Affective Disorder, which is a clinically diagnosed mood disorder that usually occurs for the duration of the winter months.

"Holiday blues are usually short-lived, lasting for a few days to a few weeks prior to or just after the holidays," said Tech. Sgt. Georgina Francis, 31st Aerospace Medicine Squadron Human Performance Training Team NCO in charge. "The good news is holi-

Holiday blues symptoms

- Headaches
- Inability to sleep or sleeping too much
- Changes in appetite causing weight loss or gain
- Agitation and anxiety
- Excessive or inappropriate feelings of guilt
- Diminished ability to think clearly or concentrate
- Decreased interest in activities that usually bring pleasure, such as: food, sex, work, friends, hobbies and entertainment

Seasonal Affective Disorder symptoms

- Daytime drowsiness
- Fatigue or low energy level
- Decreased sex drive
- Diminished concentration
- Difficulty thinking clearly
- A tendency to overeat sweets and carbohydrates causing weight gain

day blues usually subside after the holiday season is over and daily routines are resumed."

Typically, holiday blues is caused by increased stress, fatigue and changes in diet or daily routines. Other causes, Sergeant Francis said, include an inability to be with family, memories of past holiday celebrations or unrealistic expectations.

Although anyone can be affected

by feelings of depression during the holidays, Captain Wilson said there are some who may be more likely to experience sadness.

"Those with fewer coping skills and limited support systems may be more at risk," he said. "Other risk factors include relationship issues, family separation, pre-existing illness or traumatic anniversaries."

There are ways to cope with and alleviate symptoms of holiday blues.

"Follow the three basic rules for good health – eat right, get plenty of rest and exercise regularly," said Sergeant Francis. "Set realistic goals, make a budget and follow it, and prioritize and organize your time. Let go of the past and create new or different ways to celebrate."

"It's also important to allow yourself to feel sad, lonely or melancholy – these are normal feelings, particularly at holiday times," she said.

While there are many things people can do to help alleviate holiday blues, there are also some things people shouldn't do.

"Don't drink too much alcohol or overindulge in holiday foods, especially those that are high in sugar and fat," Sergeant Francis said. "Don't have unrealistic expectations of yourself or others, don't dwell on the past, and don't focus on what you don't have or spend money you don't have."

Holiday blues symptoms should pass with the end of the holiday season, but if symptoms persist, Captain Wilson recommends seeking medical assistance. For help, call Life Skills at Ext. 5321, a chaplain at Ext. 5211 or the human performance training flight at Ext. 5688.

Framed: Frame your memories with the Arts and Crafts Center framing classes every Wednesday in December. Call Ext. 2989 for details.

Using space heaters safely can keep away winter chill

By Bryant Nicodemus
31st Civil Engineer Squadron

Winters in Italy can get cold and sometimes a building's heating system just barely keeps up. Sometimes the heating system quits working altogether and requires maintenance.

Space heaters can fill the void and provide some comfort, but there are some safety tips to know before buying a space heater.

Most fires caused by space heaters are caused because of improper installation, maintenance or use. Every supplemental heater should have a complete set of instructions. Space heaters that require the use of kerosene or propane are not authorized

on base. Electrical space heaters must be either Underwriter's Laboratory or European Commission approved. All space heaters must be equipped with a safety "tip-over" switch to shut off the heater if it's accidentally knocked over.

Careful operation is crucial to occupant safety. Always place the space heater on firm flooring away from combustible materials. Avoid the use of extension cords and never use space heaters to dry clothing. Electric heaters with frayed or damaged cords should never be used. Keep small children away from all hot surfaces that can cause burns. Never leave a space heater unattended.

The Aviano Fire Prevention Office encourages everybody to be fire smart at work, at home and at play. Let's all help make Aviano a fire free place.

New federal restrictions ban some cold medicines

Courtesy of the
31st Medical Group

People who have gone to the commissary or base exchange for cold medicine in the past month may have had a difficult time finding pseudoephedrine or pseudoephedrine-containing products.

Pseudoephedrine is an over-the-counter decongestant that has typically been available in many popular cough, cold and allergy products.

However, pseudoephedrine is also one of the principle products used in the manufacture of the illegal drug methamphetamine. As a result, the federal government established the Combat Methamphetamine Epidemic Act. This act went into full effect Sept. 30, and it restricts the sale and dispensing of pseudoephedrine products.

While pseudoephedrine is still available in retail pharmacies without a prescription, it must be maintained behind the pharmacy counter and customers must present a photo



Photo by Senior Airman Sarah Gregory

Cold medicines containing pseudoephedrine can no longer be sold over-the-counter.

ID and sign a log in order to purchase the products.

To comply with these new federal requirements, the Army and Air Force Exchange Service has removed pseudoephedrine-containing products from its stores. Since base exchanges don't have separate pharmacy counters for storage and dispensing, pseudoephedrine products cannot be purchased from AAFES retailers.

Several manufacturers have reformulated their products and replaced pseudoephedrine with another decongestant, phenylephrine.

Phenylephrine products are available at AAFES stores for purchase without restrictions. Consumers should read product labels carefully as the dosage for phenylephrine is not the same as pseudoephedrine.

Other alternatives for stuffy noses and sinus pressure relief include decongestant nasal sprays as well as saline nasal drops. Patients with persistent symptoms despite the use of these products should consult their health care provider to discuss their options.

Additionally, patients with chronic conditions such as high blood pressure, diabetes and asthma should consult a medical professional prior to beginning any new over-the-counter therapy.

For more information, call the medical appointment line at Ext. 5000 or the Nurse Advice Line at 1-800-877-660.

OTS deadline: The next OTS deadline is Wednesday for Airmen interested in applying for a rated position. For details, call Ext. 5330.

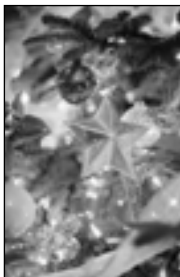
Decorate with pet safety in mind

By Beth Simmons
Certified Veterinary
Technician

Pets are naturally curious and are driven to explore. During the holiday season, this can mean big trouble. Pet owners need to take certain measures to protect animals from substances and materials that can be harmful to them.

Decorations – Don't allow pets to drink water from under the Christmas tree. Some solutions used to make trees stay fresh longer can cause stomach problems and mouth irritation. Evergreens can also be toxic to pets. Don't allow pets to chew on live or plastic trees. Both can cause trouble.

Christmas decorations – For whatever reason, cats and dogs may be tempted to eat Christmas ornaments and even light bulbs from the tree. Other pets may enjoy chewing on electrical wires. Monitor pets



carefully around decorations.

Mistletoe – Mistletoe berries are poisonous to pets.

Tinsel – Pet owners should be discouraged from using tinsel on their tree. Ingestion of tinsel can cause severe problems, especially in cats. This may require surgical removal of the tinsel to prevent the cat from dying.

Yarn or string – Don't allow pets to chew on or play with these items. Like tinsel, swallowing these items can lead to perforation of the intestinal tract and death.

If you suspect your pet has ingested any of these items, seek medical attention immediately. Quick intervention is essential.

For a complete list of poisonous and troublesome items in the household, call the Aviano veterinary clinic at Ext. 8485 or conduct research from professional sources.

(This article is not to be used in lieu of professional veterinary care.)

October Articles 15

Article 15 of the Uniform Code of Military Justice authorizes commanders to address minor offenses by administering nonjudicial punishment. If a commander concludes the member committed the offense, the commander determines an appropriate punishment.

All 31st Fighter Wing commanders, as well as commanders of Aviano's geographically separated units and tenant organizations, take advantage of this disciplinary tool. The following is a summary of the wing's recent Articles 15:

31st Communications Squadron – A senior airman was charged with Article 91 for disrespect toward an NCO and Article 134 for being drunk and disorderly. For this misconduct, the airman received a suspended reduction to E-3, forfeiture of \$846 pay for two months, 45 days restriction, suspended 45 days extra duty and a reprimand.

8th Air Support Operations Squadron – A staff sergeant was charged with Article 111 for drunken operation of a vehicle. For this misconduct, the sergeant received a reduction to E-4, suspended 30 days extra duty and a reprimand.

Aviano's legal office explains LOAC rules, guidelines

By Capt. Thomas Gabriele
Assistant Staff Judge Advocate

The Law of Armed Conflict is a collection of rules from various international sources that define how civilized nations fight in wartime. Three of the basic principles of LOAC are chivalry, military necessity and proportionality.

The first principle is chivalry and refers to the conduct of warfare in accordance with well-recognized formalities and courtesies. It permits deceptive measures and maneuvers, such as false radio signals, mock troop movements and camouflage. However, it does forbid unlawful deceptive acts. These acts involve misuse of internationally-recognized symbols or status to take unfair advantage of the enemy.

Unlawful deceptive acts can include false surrenders, placing anti-aircraft artillery in hospitals, and misuse of the Red Cross or the Red Crescent. In a broader sense, the principle of chivalry incorporates basic concepts of morality, military honor and human decency, whether or not specifically articulated in custom or treaty.

The second principle is military necessity. This principle recognizes that combatants involved in armed conflict may use force or violence only against those people, places or objects that are used for military purposes and the destruction of which will weaken the enemy militarily.

This includes combatants, military installations and the facili-

ties which support the military. The principle prohibits attacks on hospitals, schools, cultural objects and civilians as long as they are not being used for a military purpose.

Military necessity has four basic elements:

- Any force used must be regulated by the user
- Only force necessary to achieve the partial or complete submission of the adversary, as quickly as possible, is allowable
- The force used must be no greater in effect than needed to achieve the prompt submission of the adversary
- The force used is not otherwise prohibited

The third principle is proportionality. This principle requires commanders to weigh the anticipated loss of civilian life and damage to civilian property reasonably expected to result from an attack against the military advantages expected to be gained.

The principle is a balancing test: if the loss of life or damage to property is clearly excessive compared to the anticipated military advantage, the attack is disproportionate and should not be undertaken. This principle is of great interest to air commanders and war planners, but is perhaps the most important term left explicitly undefined within the treaties and conventions.

These three principles constitute the basis of the Law of Armed Conflict. All military members should be familiar with these principles and how they are applied in real world situations. The Air Force publication 'Air Force Operations and Law' is a great source of information on LOAC. The publication is available online at <http://usmilitary.about.com/cs/wars/a/loac.htm>.

Fresh flowers: Fresh poinsettias are available for purchase from 11 a.m. to 5 p.m. today and Saturday at the community center.

AFI, from page 1

raise awareness of Italian road signs and driving regulations," said Staff Sgt. Dennis Zemialkowski, AFI and government owned vehicle licensing office NCO in charge. "Driving laws and road signs do change all the time so this is a good way to educate people."

All members will be notified through their squadron vehicle control officer to re-test during the anniversary month of their AFI license issue date.

"It's important because, like most things, we have a tendency to forget the things we don't practice every day," said Sergeant Todd. "Driving is a task that everyone could easily become complacent with. If you are not thoroughly versed in and properly implement all traffic rules and regulations, you could easily be setting yourself up for failure."

Derived from the 31st Fighter Wing driver's study guide and the Italian European road signs training aid, the test consists of 25 multiple choice and 20 matching questions on road signs. Although the test is not intended to punish people who don't do well – the test isn't graded – it does have an important purpose.

"It's a 100 percent corrective tool," said Sergeant Zemialkowski. "People take the test and, afterward, go over the questions to see what they got wrong and why they thought the answer was something

different. Hopefully this will educate people and notify them of changes to the rules."

The ultimate goal of the test, Sergeant Zemialkowski said, is to reduce the number of accidents by keeping driving regulations fresh in people's minds. "Someone may have been stationed here for awhile and they can forget things or not be aware a rule has changed," he said.

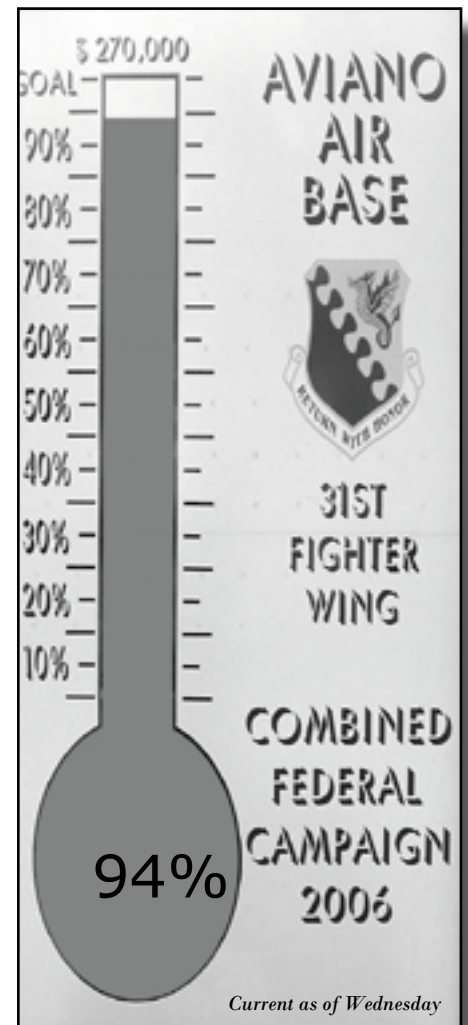
When members are notified of their test date, Sergeant Zemialkowski recommends they look at their AFI driver's license to see if it's expired.

"Many people extend here, but don't think about lengthening the amount of time on their driver's license," he said.

All AFI licenses expire on the same date as the member's stateside driver's license expiration, or their DEROS date, whichever comes first. The only exception is for people who are residents from military-exempt states.

The fine for being caught by Italian law enforcement driving with an expired AFI license is €500 and must be paid on the spot. If the fine can't be paid on the spot, the vehicle is impounded for two months and the driver must pay an impound fee in addition to the expired license fine.

For more information on AFI licensing rules, call the AFI and GOV licensing office at Ext. 7449.



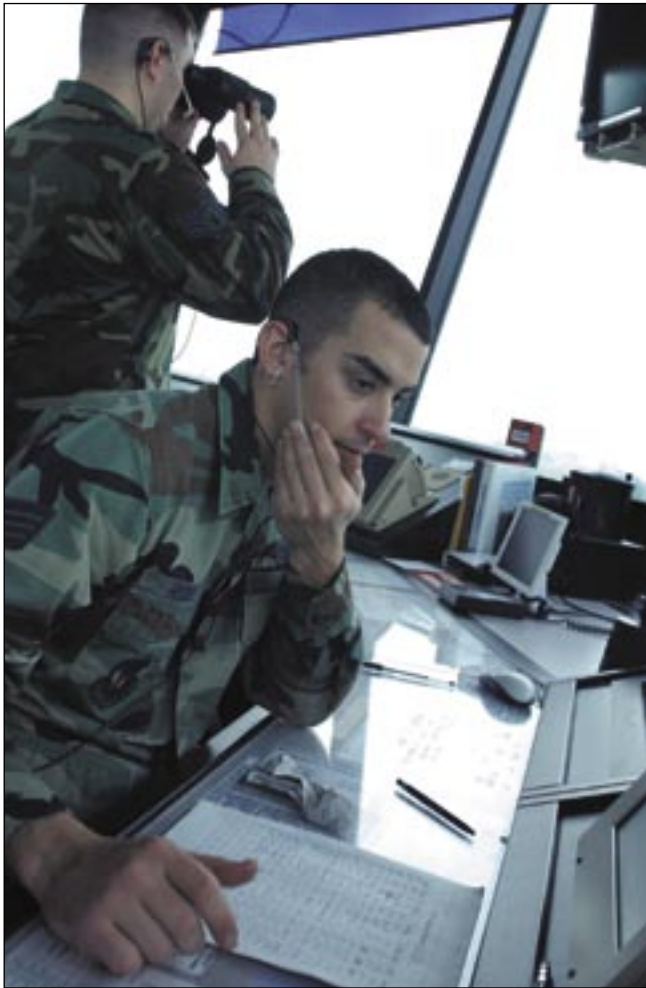


Photo by Airman 1st Class Liliana Moreno

Staff Sgt. Dustin Hodde, 31st Operations Support Squadron air traffic control supervisor, communicates with pilots taking off and landing. Air traffic controllers rely on radar and visual observation to establish a safe flow of air traffic at Aviano.



Staff Sgt. Jeffrey Klein, 31st Operations Support Squadron air traffic controller.



Photo by Airman First Class Michael Dorus

Tech. Sgt. Kevin Cobb, 31st Operations Support Squadron air traffic controller, uses the air traffic simulator in the Aviano tower. The simulator is used to train air traffic controllers on specific air traffic situations unique to Aviano. The simulator can also give PCSing or deploying controllers an idea of what their next assignment will be like by using different air space scenarios.

Guiding the mission

A critical part of the 31st Fighter Wing's mission, Aviano's Air Traffic Control Tower and Radar Approach Control help keep the mission flying.

In addition to supporting the wing, Aviano's Air Traffic Control Airmen also support NATO flying units.

Aviano's tower is responsible for all aircraft landings and take-offs from the base. They also provide air control for any airborne aircraft within a five-mile radius of the airfield.



Photo by Airman 1st Class Liliana Moreno

upport Squadron arrival controller, monitors aircraft flying near Aviano.

ose who fly

Tower Airmen provide guidance to all ground traffic on the airfield, including vehicles.

Near the tower is Aviano's RAPCON facility. Using radar, RAPCON is responsible for the arrival and departure of Aviano aircraft outside the five-mile radius controlled by the tower.

RAPCON also provides Instrument Flight Rule recoveries to Aviano and to Rivalto Airfield, which is 14 miles southeast of the base.

(31st Fighter Wing Public Affairs report)

Right: Aviano's Air Traffic Control Tower is a combined U.S. Air Force and Italian Air Force facility. The tower, which is less than a year old, is eight stories tall and replaced the old tower built in the 1950s.

The tower, also has the latest air traffic control equipment and provides digital communication instead of analog communication to the ground.

The tower gives a panoramic view of the flightline and surrounding area to air traffic controllers.



Photo by Airman First Class Michael Dorus

Holiday mail

People can ensure their holiday packages make it to their final destination on time by sending packages through parcel airlift mail by Monday, priority and first class mail by Dec. 11, or express military service mail by Dec. 19.

Trees for sale

The Aviano Boy Scout Troop 323 will sell live holiday trees in front of the commissary from 10 a.m. to 4 p.m. Saturday and Sunday, Dec. 9 to 10 and 16 to 17. The money raised is used for troop activities. For more information, call Steve Laser at Ext. 8517 or 0434-96-1190.

Turkish bazaar

The Army and Air Force Exchange Service hosts a Turkish-theme bazaar from 11 a.m. to 7 p.m. through Dec. 19 between the base exchange and the post office. The market offers a wide range of items from carpets, hand or machine made, to leather, gold and silver items.

Holiday party

The 31st Fighter Wing holiday party is Dec. 8 at the La Bella Vista Club.

The schedule is: from 11 a.m. to noon for 31st Fighter Wing Staff agencies and 31st Medical Group; noon to 1 p.m. for 31st Mission Support Group; 1 to 2 p.m. for the 31st Operations Group; and 2 to 3 p.m. for the 31st Maintenance Group. The dress is uniform of the day or casual for civilians. Family members are welcome to attend and there will be a kiddie corner available.

For more information, call Staff Sgt. Jennifer Maguire at Ext. 4704.

Product recalls

Advanced Medical Optics is voluntarily recalling its Complete Moisture Plus multipurpose contact lens care solution due to bacterial contamination.

The recall affects the following batch numbers: ZB02718 and ZB02722. The numbers are located on the top of the packaging box and

on the side of the bottle.

Consumers who have the recalled product should discontinue use immediately and call 1-877-884-7779 Monday through Friday between 8 a.m. and 5 p.m. Eastern Time or visit www.amo-inc.com for instructions.

• Mattel Inc. is voluntarily recalling two million Polly Pocket Magnetic play sets because the magnets can separate from the toy and pose an choking hazard, intestinal blockage or perforation hazard.

The Army and Air Force Exchange Service sold the following items from May 2003 to September 2006: Polly Pocket "Quick Click" boutique, style G-8605; Polly Pocket "Quick Click" City Pretty play set, style H1537; Polly Pocket "Quick Click" Sporty play set, style H1538 and the Polly Pocket Totally Zen play set, style H3211.

Children should stop using the recalled sets immediately. Call Mattel at (888) 597-6597 anytime, or visit www.service.mattel.com for instructions on returning recalled sets and receiving a voucher for a replacement toy of customer's choice up to the value of the returned product.

Card contest

Today is the deadline to register for the 2006 base-wide plywood holiday card decorating contest. Cards must be completed and in place by Tuesday.

Participants can pick up plywood, hinges and white paint from the 31st Civil Engineer Squadron Self-Help Store. Self-Help will also provide lights for each card to be visible at night. Decorations, colored paints, etc., are the responsibility of the contestants.

Due to wind hazard, all cards must be displayed horizontally in order to be safely secured to the ground.

Participants need to submit registration forms to Brian Colonna at brian.colonna@aviano.af.mil.

Prizes include \$150 Services Bucks for first place;

\$100 Services Bucks for second place and \$50 Services Bucks for third place. Winners will be announced Thursday. For more information, call Brian Colonna at Ext. 5960.

Responsibility pay

Command Responsibility Pay, which has been authorized for payment to selected Air Force commanders since 2002, will be phased out by Sept. 30, 2007.

CRP will terminate for all eligible with the following exceptions: Commanders rotating between command positions or whose initial date of command is on or after Jan. 1 will not receive CRP. Officers filling colonels' billets that were previously identified for removal from the list due to statutory limitations will lose their CRP Dec. 31, 2006, and will be notified individually.

The Air Force is taking the phased approach to eliminating CRP to make the transition as smooth as possible.

Little sprouts

The next Little Sprouts class is at 5:30 p.m. Monday and Wednesday in the Life Skills Support Center conference room, Bldg. 108. This is a two-session class designed to teach new and expecting parents about basic baby care and normal newborn appearance.

The class also provides information on infant cues, safety, parenting, discipline, and growth and development for children up to age three.

For more information, or to sign up, call Ext. 5667.

Door decorations

Celebrate the holiday season by decorating your office or dorm room door. Prizes will be awarded.

Interested participants need to submit their registration forms to Vincent Adams at the community center in Area One by Dec. 12. Judging will take place Dec. 14 and winners will be notified Dec. 15.

For more information, call Vincent Adams at Ext. 5479.

Reel Times

Today, 7 p.m. - "Jackass Number Two" Rated R - The creators and cast of the MTV series are back for more crude pranks. Starring: Johnny Knoxville, Bam Margera

Today, 10 p.m. - "Jet Li's Fearless" Rated PG-13 - The bullied son of a great fighter resolves to teach himself how to fight. Starring: Jet Li, Betty Sun

Saturday, 7 p.m. - "Stranger Than Fiction" Rated PG-13 - A novelist struggling to complete her latest book has to find a way to kill off her main character who is alive and aware of her words. Starring: Will Ferrell, Maggie Gyllenhaal

Saturday, 10 p.m. - "Déjà Vu" Rated PG-13 - Feelings of recognition guide Alcohol, Tobacco and Firearms agent Doug Carlin through an investigation into a shattering crime. Starring: Denzel Washington, Val Kilmer

Sunday, 7 p.m. - "Flyboys" Rated PG-13 - The adventures of the Americans who became the country's first fighter pilots by volunteering for the French military before the U.S. entered World War I. Starring: James Franco, Jean Reno

Monday, 10 a.m. - "Pooh's Heffalump Movie" Rated G - Pooh and the gang fall into a panic when they learn a family of heffalumps has moved into the woods. Animated

Wednesday, 7 p.m. - "Jackass Number Two" Rated R

Thursday, 7 p.m. - "Jet Li's Fearless" Rated PG-13

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Local events

• Bob Brozman performs a blues guitar concert at 9:30 p.m. today in Brugnera. The cost is €15. For more information, visit www.bluesin-villa.com.

• The Aviano municipality hosts a Christmas tree lighting ceremony at 6:30 p.m. Saturday in the square.

• A Christmas tree lighting ceremony takes place at the main square in Sacile Sunday. There will be a concert from the brass band of Sacile and Auronzo di Cadore. For more information, visit www.prosacile.com.

• More than 100 wineries will have their products on display for tasting and buying through Monday at Tarvis, Tarvisio. Local specialties including prosciutto, cheese, olive oil, coffee and chocolate will be available. For more information, visit www.einprosit.com.

• Villa Santina hosts a Christmas market. For more information, visit www.comune.villasantina.ud.it.

Call Ext. 7555 for more information.

Travel advisory

The A10 toward Salzburg, Austria, is closed between Gmuend and Spittal. There is a 20 km diversion onto a secondary surface road. The road winds through the mountains and travelers should anticipate possibly severe delays.

For more information, visit the Austrian AAA Web site at <http://www.oeamtc.at/index.php>.

Orvieto represents Italian charm

By Senior Airman Sarah Gregory
31st Fighter Wing Public Affairs

Located in the Umbria region, Orvieto epitomizes the charm and appeal that attract millions of tourists to Italy.

One of Italy's famed hill towns, Orvieto is situated about an hour north of Rome on a plateau of volcanic rock. It overlooks a gently rolling valley of silver-green olive groves and purple-white vineyards.

Settled by the Etruscans as far back as 9th century B.C., Orvieto was sacked and destroyed by the Romans in 283 B.C. It remained under Roman control until the decline of the Roman Empire and then became a free municipality. In the Middle Ages, Orvieto came under the protection of the Pope. Later, many Popes sought refuge from their enemies there.

One of the city's main sites is its Duomo, which is a beautiful and colorful example of Gothic architecture. The Duomo was built in honor of a local miracle – a priest suffering from doubt that the body of Christ was contained in the communion host saw a wafer he had blessed drip blood onto the altar. The miracle was certified by the pope and the day was declared a new religious holiday – the Feast of the Corpus Christi.

The Duomo took 300 years to complete and is covered with brightly-colored carvings and mosaics. The inside is decorated with frescoes by Luca Signorelli, depicting the Antichrist and purgatory scenes. Admission is free and the Duomo is open from 7:30 a.m. to 12:45 p.m. and 2:30 to 5:15 p.m. through February and is open until 6:15 p.m. the rest of the year.

Other attractions include wandering through the maze of cobblestone streets, shopping in its many boutiques, and exploring the underground passageways beneath the city.

The network of passages was created by the Etruscans for wells and storage of what and then expanded during the Middle Ages for additional water storage. Today, visitors can explore the passages with the help of the



Photo by Senior Airman Sarah Gregory

The Gothic-style Duomo in Orvieto is the heart of the city and one of its main tourist attractions.

Orvieto underground itinerary, available at most newsstands or the town library.

When shopping, look for some of the prize-winning Orvieto wines, colorful ceramics, handmade lace and embroidery and tasty local cheeses, which make wonderful souvenirs.

Getting to Orvieto is easy by train; head toward Florence and get off at the Orvieto stop. The town of Orvieto is closed to non-resident traffic, so tourists must take a funicular or one of the escalators to get there. The Bracci funicular is located at the railway station and costs a €1.

Orvieto is about a five-hour drive from Aviano and makes a great day trip from Rome or Florence.

Because of its location, history, charming medieval character, local delicacies and, above all, its celebrated Duomo, Orvieto is one of Umbria's most unique and interesting cities.

Exhibition: See a nativity exhibition through Jan. 21 at the Arena di Verona. For details, visit www.presepiarenaverona.it.



Photo by Tech. Sgt. Jerome Baysmore

Visit **Ljubljana**, Slovenia, to experience a unique Christmas market.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Tours office include:

- Dec. 9 - Guided Ljubljana and Christmas markets
- Dec. 9 - Christmas market in Vienna
- Dec. 9 - Bolzano Christmas market and Ice Man Museum

ITT escorts ensure the group arrives and departs from destinations as sched-

uled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area.

Please note weather conditions and dress accordingly. The ITT staff recommends wearing comfortable shoes because most tours involve walking. Call Ext. 5072 or 5026 for more information.

Not just bunny hills

Aviano Ski Club travels Europe hitting slopes

**By Senior Airman
Colleen Wieman**

31st Fighter Wing Public Affairs

Increasing speed while cruising down icy European slopes is what David Bradshaw and Aviano Ski Club members enjoy during the colder months.

"I joined [the club] to meet other snow enthusiasts in the Aviano community," Bradshaw said. "Skiing or boarding is always more fun with a group. If you are interested in skiing, it can be very difficult to arrange for lodging. European vacation ski resorts rent rooms for a week at a time and may not be available."

One of the many benefits of the Aviano Ski Club is they book hotel space at a discounted group rate in Summer to ensure availability.

"I have skied at many of the resorts in Germany, Austria and Switzerland while living in Germany," Bradshaw said. "I was not familiar with most of the Italian resorts. One of the biggest [club] benefits

is to ski with people familiar with the resorts."

The club, who welcomes skier snowboarders and all winter enthusiasts, does not offer lessons. They do have a trip that includes lessons in Austria.

"We usually take a week-long trip that includes five days of ski lessons offered in Austria," said Rick Chang, Aviano Ski Club Web master. "But most resorts have ski schools with English-speaking instructors. You can also coordinate ski lessons at Piancavallo through outdoor recreation."

Ski club members must provide their own equipment. Fortunately, there are plenty of places that offer discounted rentals to members.

"We get discounts at outdoor recreation and through local sporting goods stores," Chang said.

Membership in Aviano's ski club is recognized by all Armed Forces ski clubs. Ski club members can also register for ski trips with clubs from other bases, such as clubs in Germany.

The Aviano Ski Club usually runs from September to April depending on snowfall. They meet the first Monday of each month. The next meeting is at 6:30 p.m. Monday.

The cost to join is \$15 for adults, \$5 for children age 7 to 17 and free for children under six. To join or for more information such as meeting location, visit www.avianoskiclub.com.

Fly Bys

Basketball

Intramural basketball games are at 5:30, 6:30 and 7:30 p.m. Dec. 18 and 19, 5:30 and 6:30 p.m. Dec. 20 and 5:30, 6:30 and 7:30 p.m. Dec. 21 at the Dragon Fitness Center.

Over 30 basketball is at 5:30 p.m. Dec. 18, 5:30 and 6:30 p.m. Dec. 19 and 20, and 5:30 p.m. Dec. 21 at the Area Two fitness center. For more information, call Ext. 7459.

Volksmarch

The Aviano Road Runners are participating in a Volksmarch at 8 a.m. Sunday. The group meets at the Bar Municipio in Roveredo and heads to Colle di Pinzano al Tagliamento and Pianzano. For more information, call Ext. 7692 or 7404.

Dance lessons

Country and western style dance lessons are at 7 p.m. today at the community center ballroom.

Salsa and merengue style dance lessons for teens are at 4 p.m. Monday at the community center ballroom.

For more information, call 347-331-5569.

Piancavallo trips

Project Cheer and outdoor recreation are offering free rides to Piancavallo. The first six individuals who sign up each week from Jan. 8 through Feb. 9 will receive a free ride on the Sunday after they sign up. Ski and snowboard equipment is available for rental as well as the purchase of ski passes. The van will arrive at the resort at 9:30 a.m. and depart at 4 p.m.

For more information, call outdoor recreation at Ext. 8623.

Scorekeepers needed

The Aviano Sports Officials Association is in need of scorekeepers for the intramural and high school basketball season. Training is provided so no previous experience is necessary.

For more information, call Tech. Sgt. Victor Stephens at Ext. 7732 or Bill Dellick at Ext. 4804.



Photo courtesy of the Aviano Ski Club

The Aviano Ski Club just returned from a Thanksgiving trip to a ski resort at Zermatt, Switzerland. Zermatt is near the Matterhorn peak (pictured).

Plan for safety this holiday, winter season

By Lia Scandola

31 Fighter Wing Safety Office

As a time for celebration with loved ones, the holidays can be a joyous time of year.

With holiday stress adding to distractions, your celebration could become a recipe for disaster.

To keep your loved ones, and yourself, safe from holiday mishaps plan ahead.

Plan a healthy holiday party. Festive times are for giving and sharing, but sharing doesn't include food borne illnesses. To avoid sharing food borne illnesses, wash your hands often, keep utensils clean and cook foods thoroughly. Keep hot foods hot, and cold foods cold, and food should never sit at room temperature for more than two hours.

If alcohol is involved in your feast, plan for guests who may overindulge. Make sure guests have a safe way to get home and if for some reason their plan fails, prepare your home for additional overnight guests.

“ Taking unnecessary risks is not worth jeopardizing your health, career or family. We all have a chance to make choices ... **”**

To stem having guests over-indulge in alcohol, keep non-alcoholic beverages available such as coffee and water.

Not everyone will be a host this holiday season; some will travel to their holiday celebration.

Those traveling should plan their trip accordingly. You should know where you are going, when you plan on returning and your route. It's also best to let someone know your travel plans and leave a phone number with them just in case.

Before hitting the road, you should inspect your vehicle. Your tires are very important, especially during the winter months when you could be driving on wet roads, black ice or snow. If you don't have winter tires, make sure

you keep a set of snow chains in the trunk. Snow chains can be a necessity if you find yourself encountering snow. Chains are also an Italian traffic code requirement.

Before you leave, you should also check your car battery, windshield wipers, and all car fluids, including windshield wiper fluid. Also make sure you have all the required safety items including a traffic vest, triangle and, just in case your windshield gets icy, an ice scraper.

Above all your preparation, the one thing to remember as you operate your vehicle, is Piano! Don't be in a rush to get to where you need to go; slow down and be cautious so you won't get hurt on hazardous roads.

The holiday season is a time for family and friends to come together and rejoice. Taking unnecessary risks is just not worth jeopardizing your health, career or family. We all have a chance to make choices, make the right one, and choose to make safety a part of your holiday season.

A lesson on what some people take for granted

On the evening of Nov. 7, Brig. Gen. Robert Yates, 31st Fighter Wing commander, and I were out notifying the wing's newest promotees of their selection for promotion to chief.

What should have been a great night quickly went south when we were passed in a no passing zone, by a car traveling at a very high speed. Once the car got past us, the driver had to slam on their brakes to avoid an accident. Luckily, the driver was able to prevent a potentially disastrous situation.

We noted the license plate and the next day the driver was in General Yates' office. Extremely concerned about the driver's reckless driving and fearing for their safety, General Yates revoked their driving privileges for 30 days.

The general gave the driver the opportunity to "earn back" one week of privileges by writing an article for the Vigileer, in the hopes of preventing others from making the same mistake. Thank you to this courageous individual for being willing to share their experience!

- Command Chief Master Sgt. Pamela Lane, 31st Fighter wing command chief

“Driving is a privilege not a right.” Anyone who has a driver's license has heard this saying at least once.

The sad part is the majority of us forget it's a privilege and, after the license sits in the wallet for awhile, we begin to assume it is a right. Our minds become clouded with the idea

“I'm an experienced driver,” or “No one else follows road signs, why should I?”

Thinking, “I'm an experienced driver, I know these roads like the back of my hand,” I got into my car. Driving with no thought in mind, except the song that was playing on my stereo, I entered a traffic circle at a dangerously high speed. I slammed on my brakes to avoid a potentially devastating accident. I didn't even realize I also endangered the car behind me. Taking in a deep breath and a sigh of relief that no one got hit, I continued on my way.

That following day I was informed that my license was to be suspended for a month due to my poor judgment the previous day.

I'm 21 years old and I feel like a kid again asking for rides here and there. I love gelato and I can't just jump in the car and go get it when I feel like it. I can't make plans that fit my schedule – I have to fit those plans in with someone else's schedule. Though it's a very uncomfortable way of living, I have come to have a great respect for the privilege of driving.

Hopefully by writing this, I can influence others to respect their privilege to drive. Driving is a privilege, not a right, and can be taken from you. I accept it as a privilege, besides no one, not even the most experienced driver, has the right to endanger others on the road. A temporary loss of license for careless driving is no comparison to the permanent loss of a life.

I don't wish anyone to learn the importance of road safety by loss of life, but to take away from this article a newfound respect for driving responsibly. Please drive smart and safely!